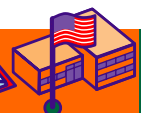




United States  
Department of  
Agriculture



**TEAM  
NUTRITION  
CONNECTIONS**

Food and  
Nutrition  
Service

Volume 8, No. 1

Team Nutrition

3101 Park Center Drive  
Room 632,  
Alexandria, VA 22302

## What's Inside

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# Announcing the New MyPyramid for Kids

**What's NEW in nutrition?** New Dietary Guidelines and a new food pyramid. In January 2005 the latest version of the *Dietary Guidelines for Americans* was published, followed by the new MyPyramid in April. The Dietary Guidelines are the foundation of the MyPyramid graphic, which was developed specifically for the general public as a tool to help them easily understand the scientific information about diet and physical activity.

To help elementary students, parents, and teachers understand the new MyPyramid graphic, Team Nutrition developed *MyPyramid for Kids*, along with companion educational materials. Children ages 6-11 will find this to be an exciting new graphic that encourages them to "Eat Right. Exercise. Have Fun." Core messages in *MyPyramid for Kids* explain the changes most children need to make in their food choices and how parents and educators can help them make these changes. The new resources include:

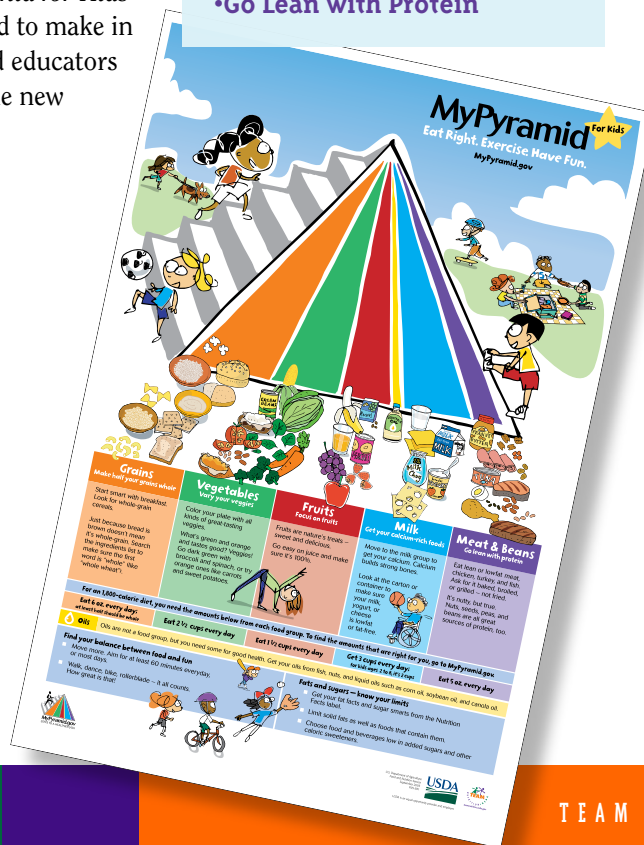
- An interactive Web site
- Three levels of classroom lessons, covering grades 1 to 6
- Posters for the classroom and cafeteria
- *Tips for Families*, a mini-poster for kids and their parents
- *MyPyramid for Kids* worksheet
- *MyPyramid for Kids* coloring page
- *MyPyramid Blast Off*, an exciting new interactive computer game

Middle and high school teachers should use the *MyPyramid: Steps to a Healthier You* posters and mini-posters with their students, since they are an older audience.

Go to [teamnutrition.usda.gov](http://teamnutrition.usda.gov) to see materials and order online from [www.ntis.gov/USDA/MyPyramid.aspx](http://www.ntis.gov/USDA/MyPyramid.aspx).

## MyPyramid explains that you need to:

- Make Half Your Grains Whole
- Vary Your Veggies
- Focus on Fruits
- Get Your Calcium-Rich Foods
- Go Lean with Protein



# HealthierUS School Challenge

Go for the Silver! Go for the Gold!

**A** new USDA initiative recognizes schools that take a leadership role in helping students learn to make healthful eating and active lifestyle choices. Many schools have already made changes by improving the quality of the foods served, providing nutrition education, and offering more physical activity.



Can your school qualify for a HealthierUS School Challenge award? Take the quiz below:

- Does your school provide a healthy school nutrition environment?
- Do your school meals meet the *Dietary Guidelines*?
- Do students have opportunities to be physically active and to learn about nutrition?
- Are you a Team Nutrition School?

If you answered “Yes” to the questions above, then you are on your way to qualifying for an award. HealthierUS Schools can be certified as either Silver or Gold Team Nutrition Schools, according to criteria established by USDA. These criteria address the foods offered inside and outside the school cafeteria, the availability of nutrition education and physical

activity, and student participation in the school lunch program. Ultimately, USDA would like to see all schools take the Challenge: Go for the Silver! Go for the Gold!

USDA issued the HealthierUS School Challenge during National School Lunch Week 2004. Initially, the Challenge has been limited to elementary schools. It will expand to higher grades in following years.

More information is available on the Team Nutrition Web site. This includes a self-assessment form, application procedures, and links to pertinent materials. An interested school should download the form, convene a review panel that includes school officials and parents, complete the review, and submit it to the school’s State agency responsible for the National School Lunch Program. State-approved assessment forms are forwarded to USDA for review and final approval. Certification as a HealthierUS School is for 2 years beyond the year of approval.

As of January 1, 2006, there were 54 Gold winners, representing three States, and three Silver award winners from one State. You may still be able to be the first in your State to receive an award! Review the information on the Team Nutrition Web site ([teamnutrition.usda.gov](http://teamnutrition.usda.gov), click on “Healthy Schools”) and TAKE THE CHALLENGE!

To reflect the new **2005 Dietary Guidelines for Americans** and **MyPyramid** graphic, Team Nutrition will be revising many of its materials beginning with the Team Nutrition Messages.

## The revised messages are:

- Eat a variety of foods
- Eat more fruits, vegetables, and whole grains
- Choose calcium-rich foods
- Eat lower fat foods more often
- Be physically active.

Please check the Team Nutrition Web site regularly to find out about updated and newly developed Team Nutrition materials:

[teamnutrition.usda.gov](http://teamnutrition.usda.gov).



# Local Wellness Policy

**D**id you know that the U.S. Congress established a requirement that all local educational agencies (LEA), including public, private, and residential child care institutions participating in federally funded school meals or milk programs, must develop and implement a local wellness policy by the beginning of the school year 2006-2007? Your LEA's policy must address nutrition guidelines for all foods and beverages available on campus, nutrition education, physical activity, and other school-based activities to promote student wellness.

Has your district already begun the process of convening a committee to develop a local wellness policy? If your district or schools are already involved in a Coordinated School Health Program, Team Nutrition, or the Carol M. White Physical Education Program you may be well on the way to meeting the local wellness policy requirement. Wherever you are in the process, USDA and other national groups want to make your job a bit easier.

Working with the Department of Education and the Department of Health and Human Services' Centers for Disease Control and Prevention (CDC), USDA has made information and technical assistance available for schools and State educational agencies. Be sure to check out the Local Wellness Policy Web pages, linked from USDA's Team Nutrition Web site at [teamnutrition.usda.gov](http://teamnutrition.usda.gov). You will find lots of valuable information there, including:

- Policy requirements (the law)
- Who should be involved
- Steps to take immediately to create a local wellness policy
- Model policies you can adapt to meet your local needs
- Links to additional resources



Your local wellness policy has the potential to affect the lives of many children. If you are already developing and implementing a local wellness policy, congratulations! If not, consider volunteering for this important task.



**T**he congressional mandate for local wellness policies was included in the Child Nutrition and WIC Reauthorization Act of 2004. Team Nutrition is committed to helping schools and State education agencies fulfill the intent of this law—establish healthy school nutrition environments, and reduce childhood obesity and chronic diseases related to poor nutrition and physical inactivity.

# What's New in Team Nutrition

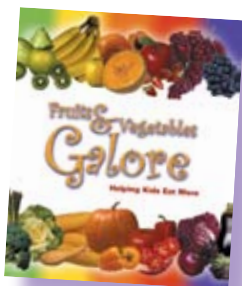
**We have been busy developing new materials for you.**

Here are some of the newest items in the Team Nutrition collection of technical assistance and nutrition education materials and training. If you don't have your copy yet, go to the Team Nutrition Web site to order these free items online. Go to [teamnutrition.usda.gov](http://teamnutrition.usda.gov) and click on Resource Library to find the online order form.

## 1

### Fruits & Vegetables Galore: Helping Kids Eat More

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*Fruits & Vegetables Galore* is a guide to help school foodservice professionals plan, purchase, protect, prepare, present, and promote healthy, delicious fruits and vegetables for their customers. Use *Fruits & Vegetables Galore* to help rejuvenate your cafeteria with colorful fruits and vegetables. Dress up your serving line to draw attention to fruits and vegetables. Solicit the cooperation of teachers by providing them with teaching tools or by supporting their educational efforts. Compete with commercial options for your students' business. Use all these materials to get students excited about eating healthfully.

## 2

### Fruit and Vegetable Challenge Poster Kit

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This activity packet combines the *Fruit and Vegetable Challenge* poster from *Fruits & Vegetables Galore* with a dry-erase marker and instructions for classroom use. Teachers can use this as a math lesson as well as an incentive for students to eat more fruits and vegetables. Team Nutrition School foodservice managers planning a fruit-and-vegetable emphasis can order copies for the classrooms to encourage student participation.

## 3

### Offer versus Serve

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*Offer versus Serve (OVS)* is a comprehensive training package for school districts to use to train school foodservice staff. It contains training modules for each of the menu-planning systems – Traditional Food Based, Enhanced Food Based and Nutrient Standard Menu Planning. It also contains a Resource Guide for schools, a video and a CD containing all the transparencies and activity sheets. This full kit is for districts, not schools. The package includes an order form for districts to use to order additional copies of the Resource Pack for the schools they train. Prior to conducting Offer versus Serve training, State agencies and school districts should order additional resource packs to be distributed to their trainees.

## 4

### Getting It Started and Keeping It Going

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*Getting It Started and Keeping It Going* is a “how-to” guide for Team Nutrition School Leaders. It is divided into three sections - Welcome which introduces Team Nutrition, Getting It Started which provides steps for new leaders to follow to get their program underway, and Keeping It Going which helps current leaders identify Team Nutrition materials and ways to use them in their program. The guide is provided to new Team Nutrition Schools as they sign on.



# 5

## Getting Your Message Out: A Media Guide for Team Nutrition

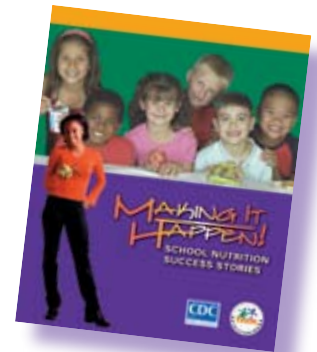
*Getting Your Message Out* is a compilation of material previously developed for *Changing the Scene*, *Community Nutrition Action Kit*, *School Activity Planner*, and *Get Growing...from the Ground Up*. This guide consolidates the information in one location, for easy reference and use to help schools make the most of opportunities to gain public support for their Team Nutrition activities. You do not need to order this guide. It is distributed to all new Team Nutrition Schools as they sign on.



# 6

## Making It Happen! School Nutrition Success Stories

A follow-up to *Changing the Scene*, *Making It Happen!* tells the stories of 32 schools and school districts that have made a wide variety of innovative changes to improve the nutritional quality of foods and beverages offered and sold on school campuses. The most consistent themes emerging from these case studies are that students will buy and consume healthful foods and beverages and that schools can make money from healthful options. Included are a variety of materials developed by some of the schools and contact information for each story. Copies have already been shipped to recipients of USDA's *Changing the Scene* kit, child nutrition State agencies, Action for Healthy Kids State teams, and Centers for Disease Control and Prevention (CDC) grantees involved in school nutrition and health. This was a joint project of USDA and CDC with support from the Department of Education.



# 7

## Popular Team Nutrition Events—An Idea Book

An adaptation of a Michigan publication, this booklet provides schools with 23 different events they can use to get their students involved in fun learning activities. Ranging from daily health education messages over the school announcement system to a community-wide health fair, there are lots of choices to fit any school's needs. Schools receive a copy when they sign on as a Team Nutrition School.



# 8

## NFSMI Training

The National Food Service Management Institute (NFSMI) under a cooperative agreement with the USDA Food and Nutrition Service (FNS), is providing training for school lunch and child care program cooperators at State agency and association meetings. The training is on a variety of topics - from using the *Food Buying Guide for Child Nutrition Programs*, to *Feeding Infants*, and *Dealing with Conflict in the Workplace*. The State selects the topic from a long list of Team Nutrition and NFSMI materials, and NFSMI provides the training and handouts. Most sessions are 60-90 minutes long; however, longer sessions have been provided. The training is free of charge to the States. Contact Ellen Leppa at NFSMI: 800-321-3054, or [elleppa@olemiss.edu](mailto:elleppa@olemiss.edu) for more information.



### Eat Smart. Play Hard.™ Marches on Over 5 Years Later!

The Eat Smart. Play Hard.™ Campaign has a great new look. The revitalized spokescharacter, Power Panther and his nephew, Slurp, will appear in various educational and promotional materials. Visit "What's New?" at [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard) for more information and updates.

# Join the Team...

## Become a Team Nutrition School

Becoming a Team Nutrition School will help you focus attention on the important role of nutritious school meals, nutrition education and a health-promoting school environment in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members.

### Goal:

Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the *Dietary Guidelines for Americans* and *MyPyramid*.

### Team Nutrition has three implementation strategies:

- Healthy school meals that meet student expectations
- Nutrition education that is fun and focused on behavior
- Support from school administrators, parents and other community leaders

### All program materials encourage students to make food and physical activity choices for a healthy lifestyle. They focus on five behavior outcomes:

- Eat a variety of foods
- Eat more fruits, vegetables, and whole grains
- Choose calcium-rich foods
- Eat lower fat foods more often
- Be physically active

### Team Nutrition Schools have these common values:

1. We believe that children should be empowered to make food and physical activity choices that reflect the *Dietary Guidelines for Americans*.
2. We believe that good nutrition and physical activity are essential to children's health and educational success.
3. We believe that school meals that meet the *Dietary Guidelines for Americans* should taste good and appeal to children.

4. We believe our programs must build upon the best science, education, communication, and technical resources available.
5. We believe that school, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
6. We believe that messages to children should be age-appropriate and delivered in language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
7. We believe in focusing on positive messages regarding food and physical activity choices children can make.
8. We believe it is critical to stimulate and support education and action at the national, State and local levels to help children develop healthy eating and physical activity behaviors.

As a Team Nutrition School, you will be the first to receive new materials to help you plan and carry out activities for your students and their families. You also have the opportunity to use the Team Nutrition Web site **[teamnutrition.usda.gov](http://teamnutrition.usda.gov)** to order additional support material and access additional resources.

### COMPLETE THE SCHOOL ENROLLMENT FORM ON THE NEXT PAGE.

FAX IT TO: **703-305-2549**  
OR MAIL IT TO: **Team Nutrition**  
3101 Park Center Drive,  
Room 632  
Alexandria, VA 22302

At the same time, provide a copy of the enrollment form to your foodservice director and to the Team Nutrition Leader at your State agency. If you do not have that address, contact your school foodservice director or check the Team Nutrition Web site. If you have questions, mail or fax them to Team Nutrition at the above address. Also, email can be directed to [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov).

We look forward to having you JOIN THE TEAM!



# Team Nutrition School enrollment form

SUBMIT ONE FOR EACH SCHOOL

PLEASE TYPE OR PRINT

OUR TEAM NUTRITION SCHOOL LEADER IS:

☐ Ms. ☐ Mrs. ☐ Mr. ☐ Other

FIRST NAME

LAST NAME

TITLE

SCHOOL'S NAME

TOTAL ENROLLMENT

SCHOOL GRADES (K-12)

SCHOOL DISTRICT

SCHOOL COUNTY

SCHOOL ADDRESS

CITY

STATE

ZIP CODE

TELEPHONE ( )

FAX ( )

E-MAIL ADDRESS

PLEASE CHECK ONE OR MORE OF THE APPROPRIATE GRADE RANGES:

☐ P (PRESCHOOL: PREK) ☐ E (ELEMENTARY: K-5/6) ☐ M (MIDDLE: 6/7-8) ☐ H (HIGH: 9-12)

WE AGREE TO:

- Support USDA's Team Nutrition goal and values.
- Demonstrate a commitment to help students meet the *Dietary Guidelines for Americans*.
- Designate a Team Nutrition School Leader who will establish a school team.
- Distribute Team Nutrition materials to teachers, students and parents.
- Involve teachers, students, parents, foodservice personnel, and the community in interactive and entertaining nutrition education activities.
- Participate in the National School Lunch Program.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

WE CERTIFY OUR SCHOOL DOES NOT HAVE ANY OUTSTANDING OVERCLAIMS OR SIGNIFICANT PROGRAM VIOLATIONS IN OUR SCHOOL MEALS PROGRAMS.

SCHOOL PRINCIPAL, PRINTED NAME

SCHOOL FOODSERVICE MANAGER, PRINTED NAME

SIGNATURE

SIGNATURE

DATE

DATE

U.S. Department of Agriculture  
Food and Nutrition Service, CND  
3101 Park Center Drive, Room 632  
Alexandria, VA 22302-9943

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FOOD & NUTRITION  
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## FOR MORE Information

### INTERNET

Contact us via the Internet/World Wide Web at the following URL (Uniform Resource Locator)  
[teamnutrition.usda.gov](http://teamnutrition.usda.gov)

### E-MAIL

E-Mail us at Team Nutrition On-Line at our Internet mailbox, [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov)

### WRITE

Write us at:  
3101 Park Center Drive, Room 632  
Alexandria, VA 22302

### PHONE/FAX

Phone: (703) 305-1624  
Fax: (703) 305-2549

